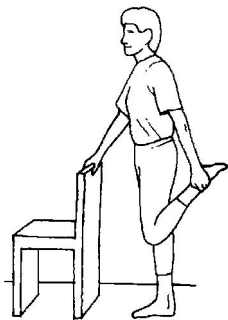


Provided by : Rachel Doucet

Date : 06/12/2010



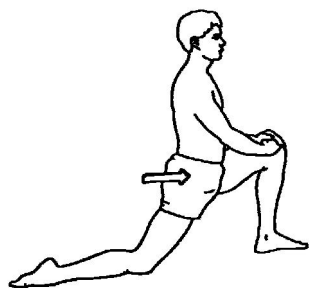
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Stand holding on to a support. Bend one knee and take hold of the ankle. Do not lock the knee of the leg you are standing on.

Draw your heel towards your buttock. Tilt your hip forwards so that your knee points towards the floor. Feel the stretch in the front of your thigh. Hold 15-30 secs.

Repeat 2-4 times a day.

- * This stretch will help to improve your:
- flower basket handle kick & mandarine duck kick
 - Bow stance



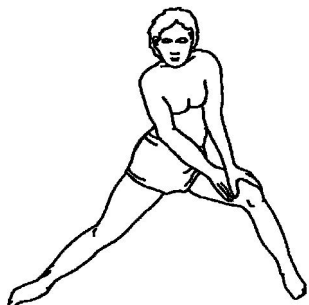
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Half kneeling.

Tighten your stomach muscles to keep your back straight. Rotate the heel behind you outwards while pushing your hip forwards. Hold approx. 15-30 secs. - relax.

Repeat 2-4 times a day.

- * This stretch will help to improve your:
- Flower basket handle kick & mandarine duck kick
 - Bow stance



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Drop Stance
Stand with legs astride and straight.

Bend one leg and put your hands on the knee. Bend your leg even more and put more weight on the leg. You will feel stretching on the inside of the thigh on the straight leg. Hold approx. 15-20 secs.

Repeat 2-4 times a day.

- * This stretch will help to improve your:
- Drop stance
 - Side swinging kick
 - Side thrusting kick
 - Splits



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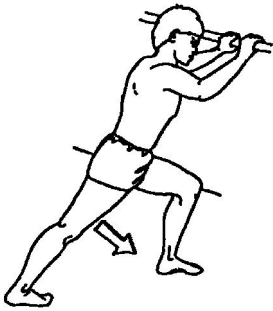
Stand with the leg to be stretched on a footstool.

Flex your ankle and push the heel towards the footstool keeping your knee straight. Then bend your upper body forwards from your hips keeping your back straight. You should feel the stretching behind your knee and thigh. Hold approx. 15-30 secs. - relax.

Repeat 2-4 times a day.

*This stretch will help to improve your:

- Straight swinging kick
- Inside and outside crescent kicks
- Catch and hold the urn
- Toe and heel kick



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Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 15-30 secs. - relax.

Repeat 2-4 times.

*This stretch will help to improve your:

- Bow stance
- Heel kick



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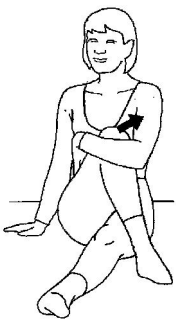
Stand in a walking position with the leg to be stretched behind you. Hold on to a support.

Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor. Hold approx. 15-30 secs. - relax.

Repeat 2-4 times a day.

*This stretch will help to improve your:

- Resting stance
- Bow stance
- Heel kick



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Sit on the floor with one leg straight and the other leg crossed over it.

Bring your knee towards your opposite shoulder. Feel the stretch in your buttock. Hold 15-30 secs.

Repeat 2-4 times a day.

*This stretch will help to improve your:

- Hide flower kick
- Resting stance